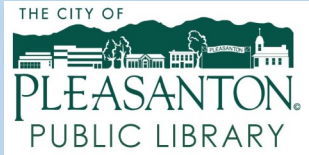


Pleasanton Library and John Muir Health present the 2017 Lecture Series:

# Meet the Health Expert



7:00 pm to 8:30 pm

For more information 925 931-3400 x 4 or [www.pleasantonlibrary.org](http://www.pleasantonlibrary.org)



**Thursday, July 27**

**Are You Experiencing Frequent Sleepless Nights?**

**End the Insomnia Struggle**

Speaker: Dr. Brast

Insomnia can be devastating to our mental and physical health. Join Dr. Brast as he discusses ways to successfully conquer chronic insomnia and sleep deprivation.

**Please note:** this lecture is designed for those who have trouble getting to sleep or sleeping through the night and do not have a medical sleep disorder.

Classes are held at 7:00 pm to 8:30 pm in the Large Meeting Room

Pleasanton Library 400 Old Bernal Ave., Pleasanton, CA 94566  
925 931-3400 x 4

[www.pleasantonlibrary.org](http://www.pleasantonlibrary.org)